



**DO OR DIE** page 20



**BEAVERDOG:  
NOT COMING TO OTTAWA  
PAGE 8**

# Ottawa metro



Your essential daily news | TUESDAY, APRIL 7, 2015

High 7°C/Low -3°C Cloudy

## Recovery process is 'up and down'

MIAMI, FLA.

### Ottawa man struck by a driver lies in induced coma



**Joe Lofaro**  
Metro | Ottawa

Instead of choosing a medical school to attend, 22-year-old Alex Sanghwan is laying in a Miami hospital bed breathing with the help of a ventilator in an induced coma with a broken leg and shoulder, cuts to his face, and swelling of the brain.

It's been an "up and down" recovery process in the past nine days, said Alex's older brother Andrew, adding that their family is pulling together and trying to stay positive.

The Ottawa man was struck by a BMW at about 5:30 a.m. March 29 on a

Miami street as he was hailing a cab.

The driver of the car fled the scene, but later turned herself in to police.

Doctors are running tests on Alex every day to see when and if he will wake up.

The family is waiting for that day to come, while shifting between hospital chairs and hotel bedrooms.

Alex had just been accepted to medical school in Dublin, Ireland, according to his brother.

Before that, he had graduated from the University of Ottawa in biomedical science, conducted research for four months at a university in Lyon, France, and then volunteered at a rural clinic in Guatemala.

"As a family, we've been so thankful for the support we received back home. Lots of well wishes from Ottawa," Andrew, 25, told Metro on a call from Jackson Memorial Hospital on Monday.

“

**There's not a whole lot we can do. We just have to pray that he can recover and be Alex again.**

Andrew Sanghwan

To cover Alex's medical costs, Andrew started an online fundraiser at [gofundme.com/pray4alex](http://gofundme.com/pray4alex) to help raise \$100,000. Alex was not covered by travel insurance for the Florida trip.

"We think the costs will be much higher than that. We also are looking at an air ambulance to Canada eventually, which is quite expensive," he said.

The family has raised about \$33,000 since April 1 and Andrew said the donations are a testament to the type of man his brother is.



**Mike Duffy arrives at the Senate on Parliament Hill in Ottawa on Oct. 28, 2013.**

SEAN KILPATRICK/THE CANADIAN PRESS

### MIKE DUFFY TRIAL

## DAY 1

### WHAT YOU NEED TO KNOW

#### THE ACCUSED

Duffy is charged with faking and inflating Senate expenses

#### THE FIXER

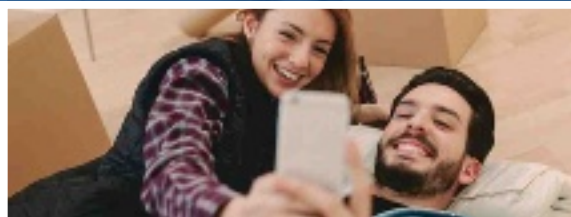
The PM's former chief of staff, Nigel Wright, settled Duffy's bill

#### THE CONSPIRACY

Prime Minister's Office accused of orchestrating a plan to snuff the controversy

#### EXTRA

- 5 things to watch, page 4
- How we got here, page 5



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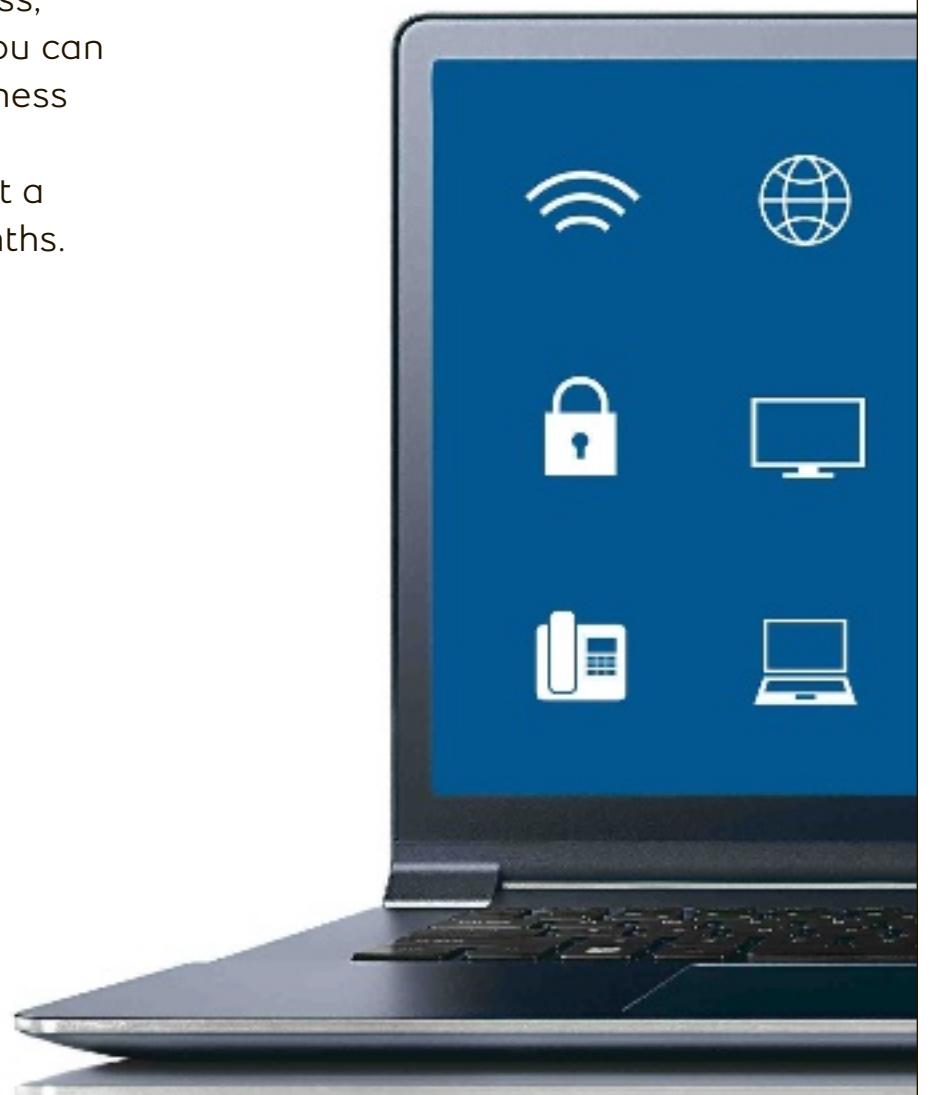
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## Donation ban 'tricky' to enforce: Expert



Rideau-Rockcliffe Coun. Tobi Nussbaum outside Ottawa City Hall. He is pushing for a ban on corporate and union donations to municipal candidates. LUCY SCHOLEY/METRO

### CITY HALL

#### Council will debate the idea on April 15



**Lucy Scholey**  
Metro | Ottawa

A suggested municipal ban on corporate and union donations would be "very tricky"

to enforce, according to a retired University of Ottawa professor.

"Often, what happens is the corporation will then ask five individuals within the corporation or family members or somebody else to make personal donations and then pay them back," said Caroline Andrew, who's also the director of the Centre on Governance. "That's hard to check."

Andrew said it's also un-

clear how such a ban would impact the outcome of the municipal campaign race.

While the election is four years away, rookie councillors Tobi Nussbaum and Michael Qaqish are pushing for a ban on corporate and union donations.

At a council meeting last month, Nussbaum moved to ask Queen's Park to consider the move.

Other councillors — including Jeff Leiper, Catherine Mc-

Kenney and David Chernushenko — have said they would support the ban. But they still need the rest of council on board when it's debated on April 15.

Andrew said Ottawa city councillors will have to figure out how to implement the idea.

She said councillors should instead focus on increasing voter turnout, which was just 39.7 per cent last October.

### REACTION

#### Councillors voice opinions over ban



**I will be voting against the ban. The system that we have in place is transparent.**

Bob Monette,  
Orléans councillor



**I am opposed to the motion. This should be left with each candidate to consider.**

Riley Brockington,  
River councillor



**Anyone can donate as an individual and should not have the benefit of donating more than the limit.**

Catherine McKenney,  
Somerset councillor



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# 5 things about the Duffy trial

## SUSPENDED SENATOR

### Well-known ex-journalist faces charges over expenses

Suspended senator Mike Duffy goes to trial on Tuesday, fighting back against accusations of faking and inflating expenses and government contracts.

The well-known former journalist faces 31 charges and his trial is expected to last at least 41 days, with a break from May 12 until June 1. It could extend beyond June 19.

It will be trial by judge alone, with Justice Charles Vaillancourt of the Ontario Court of Justice overseeing things.

The judge is considered to be a patient and thoughtful man with two dozen years' experience on the bench, which is a good thing, since the trial will be long and it could well be messy.

Much of it will also be highly watchable.

TORSTAR NEWS SERVICE



The trial of Sen. Mike Duffy, who is pictured here in 2013, could extend into late June. THE CANADIAN PRESS/ADRIAN WYLD

## 1 THE FIXER

Nigel Wright, the former chief of staff for Prime Minister Stephen Harper, is expected to testify late in the trial. Wright resigned after media reports stated he dipped into his own funds to provide more than \$90,000 that Duffy used to repay his expenses.

There are no charges against Wright, but the scandal did nix his political career.

A key to the Crown's case is a memo from Wright that reads "good to go from the PM."

Does this mean Harper gave his approval for Wright to pay Duffy's expenses?

## 2 THE INSIDERS

Aside from Wright, it will be interesting to watch to see if there's testimony from David van Hemmen, Wright's former executive assistant; Marjory LeBreton, former government Senate leader; Carolyn Stewart-Olson, a member of the internal economy committee; Benjamin Perrin, former legal adviser to the Prime Minister's Office; Chris Woodcock, former head of issues management in the PMO; and Patrick Rogers, former director of Parliamentary affairs in the PMO.

All of them have been touted as possible witnesses.

We can expect to see someone from the Prince Edward Island health department to comment on allegations that Duffy tried to fast-track his application for a PEI health card in December 2012. He was appointed a senator for Prince Edward Island four years earlier.

## 3 THE TROUGH... HOW DEEP IS IT?

Will the trial show an overall widespread practice of senators involved in dubious contracts? Among the charges is one that Duffy paid his friend Gerry Donohue \$65,000 for "little or no apparent work."

## 4 THE HOME FIRES

Was Prince Edward Island Duffy's primary home, entitling him to claim living expenses while in Ottawa? He claimed more than \$33,000 in living expenses in the National Capital Region. He has been an Ottawa fixture since he joined CBC's Ottawa bureau in 1974.

## 5 THE MUZZLE

Duffy doesn't have to take the witness stand. It's his choice.

He can expect advice from his lawyer, Donald Bayne, who brings a top-level reputation and almost four decades of experience to the case. Bayne is considered a fighter and a winner, and quarterbacked the Queen's Gaels to a national championship in football back in 1968.

If Duffy chooses to testify, the Crown will have the opportunity to fire off some questions of its own.

Will Mike Duffy feel the urge to use the trial as a platform to strike back against his former political pals?

## + ALL EYES ON THE PMO

Suspended senator Mike Duffy may be the one on trial, but he won't be only person to see their motives, character and actions dissected, examined and critiqued over the next several weeks inside an Ottawa courtroom.

Beginning Tuesday, Crown lawyers will lay out their fraud, breach of trust and bribery case against the former Conservative senator — 31 charges in total.

But so, too, will begin lawyer Donald Bayne's defence of Duffy, a counter-attack that will likely focus

in part on the behaviour of key figures from the Prime Minister's Office and party circles.

# 31

**Number of charges faced by suspended Conservative senator Mike Duffy, whose trial starts Tuesday**

The expected release of new documents and internal emails in the form

of court exhibits has the capacity to breathe new life into the political scandal that consumed the House of Commons two years ago.

A crush of media interest in the trial has prompted officials to establish an overflow room at the downtown Ottawa courthouse where several camera angles are displayed on large screens in order to accommodate journalists.

The trial is scheduled to take place between April 7 and May 12, and from June 1-19.

THE CANADIAN PRESS

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Donald Bayne. THE CANADIAN PRESS

MIKE DUFFY

# Senator's lawyer talks about trial strategy

Mike Duffy's lawyer, Donald Bayne, has already given a public preview of sorts of how he plans to approach the allegations. Back in October 2013, Bayne held an animated press conference to respond to the looming suspension of his client from the upper chamber. Charges were laid in July 2014.

"You've seen a little of Sen. Duffy's evidence and side of the story," Bayne said at the time. "It's simply the tip of the ice-

**66**  
It's simply the tip of the iceberg ... That's why we have trials

Donald Bayne

berg, if he ever had a proper hearing and an opportunity to advance this evidence. That's why we have trials."

That spring, news broke that the prime minister's chief of staff, Nigel Wright, had secretly paid for Duffy's \$90,000 in contested living expenses. Duffy had submitted claims for a secondary residence in the Ottawa area, even though an audit said he spent approximately 30 per cent of his time at the designated primary residence in P.E.I.

Police allege Duffy was the one setting conditions and making demands in exchange for re-

solving the expenses controversy — hence the bribery charge. An email dated Feb. 13, 2013, in which Duffy's previous lawyer outlined a number of scenarios and conditions, is a central document. Bayne and Duffy have alleged it's the other way around.

"The payment of \$90,000 was not the doing of Senator Duffy," Bayne said in 2013. "It was a political tactic forced on him by the Prime Minister's Office."

THE CANADIAN PRESS

## Mike Duffy's scandal saga

Here's an abridged chronology of Mike Duffy's part in the Senate expense scandal at the heart of the allegations:

### DECEMBER 2012

Questions are raised about how much time Conservative Sen. Mike Duffy spends at his declared primary residence in P.E.I., since he is claiming living expenses for staying in his longtime Ottawa-area home.

### FEB. 8, 2013

Senate hires external auditing firm to review residence claims of Duffy, fellow Conservative Patrick Brazeau and Liberal Mac Harb.

### FEB. 22, 2013

Claiming confusion with the rules, Duffy pledges to pay back \$90,172.24 in expenses.

### MARCH 25, 2013

The prime minister's chief of staff, Nigel Wright, sends a bank draft for \$90,172.24 to the office of Duffy's lawyer.

### MARCH 26, 2013

A cheque is transferred to Duffy's RBC account. It clears Duffy's bank on March 28.

### MAY 15, 2013

The Prime Minister's Office confirms that Wright personally footed the bill for Duffy's housing expenses because Duffy couldn't make a timely payment.

### MAY 19, 2013

Wright announces his resignation as Harper's chief of staff, a move Harper says he accepts with "great regret." In October, Harper says Wright was "dismissed."

### JUNE 6, 2013

Conservative and Liberal senators agree to invite the auditor general to scrutinize the way they spend taxpayers' money. The same day, Harper tells the Commons that Wright paid the \$90,000 with his own money.

### JUNE 13, 2013

The RCMP confirms it has launched a formal investigation into Wright's involvement in the expense scandal.

### OCT. 22, 2013

In his explosive speech in the Senate chamber, Duffy accuses Harper's office of orchestrating a "monstrous fraud" aimed at snuffing out controversy over his expenses. Duffy accuses the prime minister of being more interested in appeasing his Conservative base than the truth.

### APRIL 15, 2014

RCMP inform Nigel Wright that he will not face criminal charges.

### JULY 17, 2014

Duffy is charged with 31 counts, including fraud, breach of trust and bribery.

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# Sewer upgrades to protect river

## MUNICIPAL INFRASTRUCTURE

### Overflows send untreated sewage into Ottawa River

## COLLINS' CAPITAL

Steve Collins



The federal government is expected to announce long-awaited funding Tuesday for the Ottawa River Action Plan,

including an underground storage tank system to prevent the overflow of untreated sewage and storm water into the river.

"It's really great news," said Meredith Brown, executive director of Ottawa Riverkeeper. "I think it's a really important reflection on the value that we

place on clean water."

The city had requested \$65 million as the federal government's one-third share of the \$195-million tab. The provincial government announced its \$65 million contribution in May.

Because sewers in older parts of the city are used for

both sewage and storm water, heavy rainfall can cause overflows into the river. The city says it's already reduced these combined sewer overflows by 80 per cent with Ottawa River Action Plan projects they've already completed.

They're hoping to complete

the work on downtown sewers at the same time as ongoing LRT construction.

Employment Minister Pierre Poilievre and Ottawa Orleans MP Royal Galipeau will make their announcement Tuesday afternoon at the Robert O. Pickard Environmental Centre.



Meredith Brown, executive director of Ottawa Riverkeeper, next to a tributary of the Ottawa River. STEVE COLLINS/FOR METRO

## ENVIRONMENTALISM

### Activist pushes for clean Ottawa River

Even before Meredith Brown joined Ottawa Riverkeeper, a non-profit group that lobbies for the waterway's health and biodiversity, she knew we had a disgusting problem.

The avid kayaker's friends told horror stories of some of the filth they would encounter on their Ottawa River expeditions: "I get paddlers who tell me that they're paddling through, you know, crap and tampons and nasty things."

The city's combined sewers, designed to handle both sewage and storm water, still spew pollution into the river when they overflow after storms. The proposed solution is a system of storage tanks to contain the overflow for treatment.

And though spilled sewage, a public health hazard rife with pathogens, gets most of the attention, Brown points out that storm water, once it washes over the streets and down the grate, becomes a toxic city juice that's harmful in its own way.

"It has slightly different kinds of pollutants than what we see coming from our households, but it's still nasty," Brown said. "Just imagine everything that we're putting on roads and parking lots: Lots of salt, which is toxic in an aquatic environment; oil and grease dripping out of peoples' cars and transmissions and buses and everything like that; what we're putting

on fields and lawns — pesticides and fertilizers and heavy metals."

And our problems become the problems of everyone downstream: "The river doesn't have any kind of boundaries ... so it gets dispersed through our whole river, and there's communities downstream of us that drink the water from the river or swim in the river or eat the fish from the river."

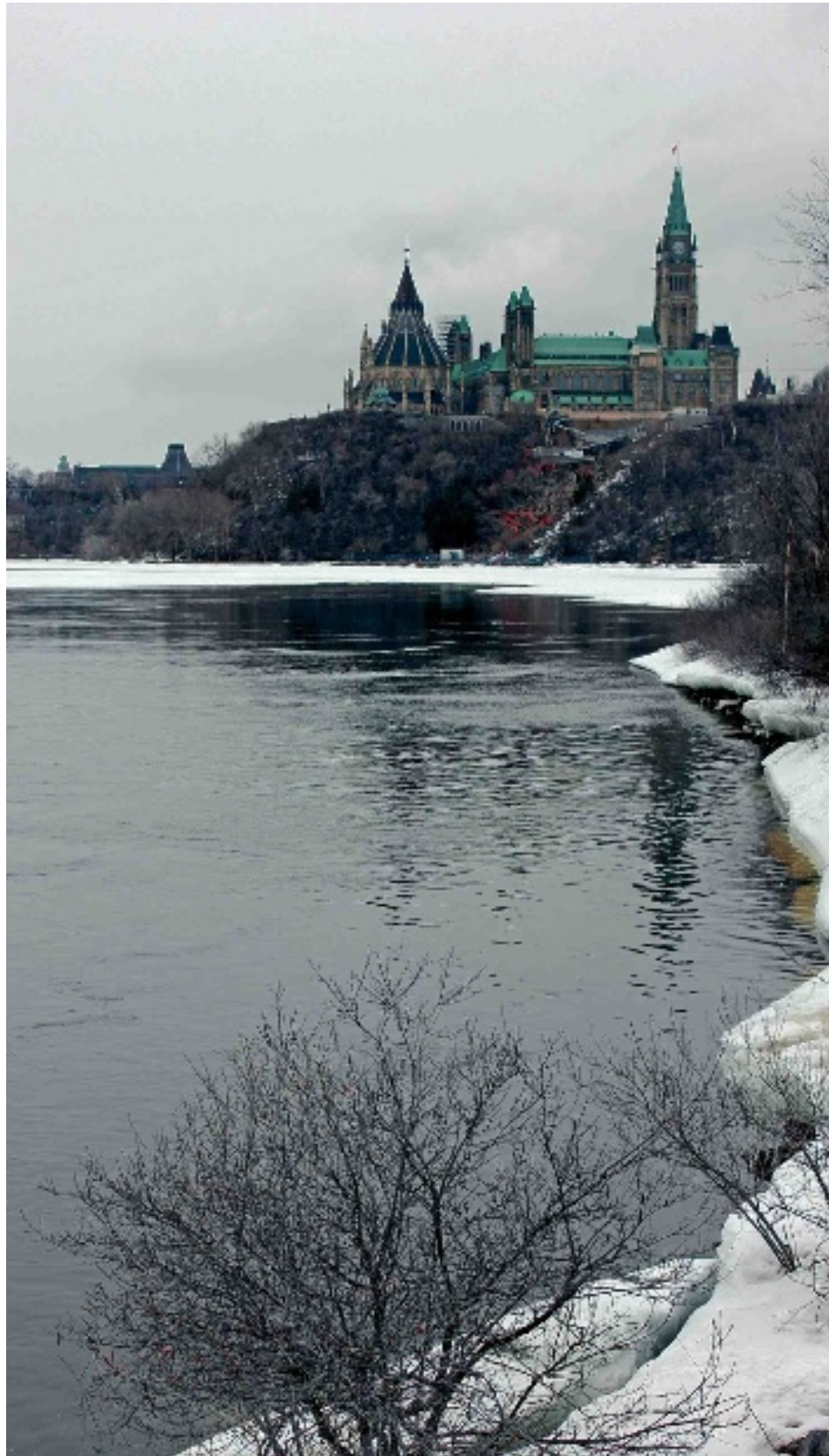
And though Ottawa is getting its act together, Brown says Gatineau, despite its smaller population, may actually be releasing more untreated sewage into the water than we are.

"It is on their radar, but what hasn't happened is they haven't made it a municipal priority" Brown said. "They have a lot of reasons why it's hard for them to do and I empathize. It's expensive and they don't have the same tax base that Ottawa does and they don't have quite the same provincial support."

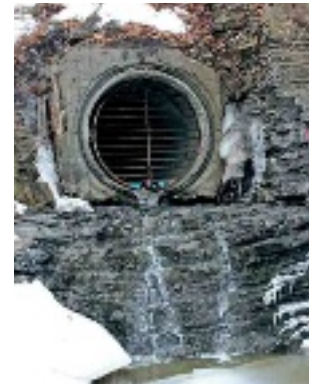
But she believes that when Ottawa put \$65 million of its own money where its mouth was, that's when other levels of government started to take notice.

"We're starting to try to raise awareness in Gatineau about the problem and ideally help them to move along with some solutions," she said.

STEVE COLLINS/FOR METRO



The Ottawa River, as seen from Victoria Island. Parliament Hill can be seen in the distance. STEVE COLLINS/FOR METRO



A storm drain that feeds into the Ottawa River. STEVE COLLINS/FOR METRO

## + QUICK FACTS

### Beach closures:

Number of no-swim advisory days at city beaches last year because of high E. coli counts or following heavy rainfall (June 21-August 17):

- Mooney's Bay: 9
- Britannia Beach: 4
- Westboro Beach: 12
- Petrie Island East Bay: 8
- Petrie Island River Beaches: 16

## \$562,500

**Fine paid by the city for failing to report a 2006 spill of a billion litres of sewage into the Ottawa River.**

## + QUICK FACTS

### Water Savers:

City advice on how you can protect the Ottawa River:

- Put cooled cooking oil and grease in your green bin, not your sink or toilet.
- Use environmentally friendly cleaning products
- Go easy on road salt, fertilizers, and herbicides
- Sweep your driveway and walk instead of hosing them

April 7, 2015

# Oh, Canada.

We're famous for hockey, apologizing, maple syrup, double-doubles, having more lakes to jump into than any other country, Alexander Graham Bell, the Robertson screw, the Group of Seven and poutine.

We invented basketball, paint rollers, instant mashed potatoes, the instant replay, insulin, the odometer, Nanaimo bars, egg cartons and peanut butter.

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And we once had a well-earned reputation for being savers. But these days many Canadians aren't saving enough.

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Chief Operating Officer, BMO Financial Group

# BMO





# Vintage stores bloom with great spring finds

## FASHION

## Ottawa Vintage Clothing Show set for April 19 at Shaw Centre



**Lucy Scholey**  
Metro | Ottawa

A spring clean of the closet may mean trash for some and vintage gems for others.

If you're slimming down your wardrobe or searching for new frocks to fill the space, you're not alone.

Vintage and consignment shop owners in Ottawa say this is an especially busy time of year — as more people bag up clothes and shed the dark, bulky layers for lighter and brighter finds.

"You may have changed style from last year or you might have changed lifestyle," said Alison Hughes, who co-owns AMH Style with her sister, Joanna.

The four-year-old Wellington Street West venue is a consignment shop in line with current trends — from \$6 earrings to an \$1,800 Gucci bag.

Skinny jeans are still a

staple, as are bright colours like the cobalt blue blazer that's hanging on the rack at AMH, according to Hughes.

But the key to buying quality secondhand clothing is to seek out natural fabrics hanging on the racks — like silk or wool — and to have an idea of what you're looking for, she said.

At Ragtime Vintage Clothing in Centretown, there's "no rhyme or reason" to when people drop off clothing, said John Greaves, who co-owns the shop with his wife, Shirley Griffith. However, more shoppers tend to head to the 37-year-old boutique when it

warms up.

The racks at Ragtime range from 1940s vintage to more retro styles from the 1960s to 1990s (yes, the 90s are retro). Hollywood, as usual, determines the trends. A 1950s floral dress would fit into Betty Draper's wardrobe. A white lace dress from the '70s could be recycled for a summer music festival.

"We try to encourage people to dress creatively," said Greaves. "Come in and find your own style."

Dig into old duds at the Ottawa Vintage Clothing Show on April 19 at the Shaw Centre from 10 a.m. to 5 p.m.



The BeaverDog will be sold all over Canada, with the exception of Ottawa. BEAVERTAILS PASTRY COMPANY

## BeaverDog to debut in late April

## BEAVERTAILS

### Legacy stores in Ottawa won't add new pastry snack to menu

**Haley Ritchie**  
For Metro | Ottawa

ucts found around the country, according to marketing manager Kathy Slotsve.

"We keep the ones in Ottawa kind of the same; they're more traditional to what we have always had. The market is generally happy about that," said Slotsve. "Part of it is logistics because the stores have been there for a very long time and we don't necessarily have the space or the equipment."

That means, at least for the time being, the capital won't be getting the BeaverDog.

"We're going to work on it and see if we can get it in somewhere," said Slotsve, adding that if it does come to Ottawa, it'll probably be introduced at the Canadian Museum of History.

"We're always brainstorming how we can do new snacks," said Slotsve. "Poutine was very popular; fans really liked having savoury options. We tested the BeaverDog in our office, and everyone was really into it."

Mobile units will be equipped, so she suggests your best chance is to try and track one down if you're travelling the province for music festivals this summer.

## UNDER \$50



This cobalt blazer can be found at AMH Style.

**\$44**

## UNDER \$100



How would you like a great find for under \$100? Here's an Ann Taylor trench coat.

**\$68**

## SKY'S THE LIMIT



It might not be a deal for most, but this Gucci bag at AMH Style costs about half its retail price.

**\$1,800**

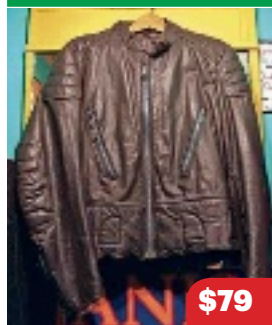
## UNDER \$50



Here's an cheap '70s lace number at Ragtime Vintage Clothing.

**\$36**

## UNDER \$100



Looking for a leather jacket? Here's a Hefty leather biker jacket from Ragtime.

**\$79**

## SKY'S THE LIMIT



This 1950s, Mad Men-era floral dress is up for sale at Ragtime.

**\$125**



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# Champions not done with roster additions

## CAN-AM LEAGUE

### Manager hopes tryouts will find 'diamonds in the rough'

While the Ottawa Champions have found a starting pitcher to take the mound in their home opener on May 22, their manager says the new Can-Am League team is still making moves to strengthen the roster before then.

Andrew Werner, a 28-year-old left-handed pitcher who has played for the San Diego Padres and later for the Oakland Athletics farm teams, will be "the No. 1 starter" for the Champions, according to manager Hal Lanier.

"He's been in Triple-A and Double-A almost his whole career," said Lanier.

"He's going to give us a lot of quality innings and, in in-

dependent baseball, that's what you need."

Named the National League manager of the year during his time with the Houston Astros, Lanier hopes that open tryouts in Ottawa will bring out a few "diamonds in the rough." He discovered former MLB all-star pitcher Jeff Zimmerman at a tryout with the Winnipeg Goldeyes. He feels the Champions can attract quality players.

Lanier hinted that Werner will not be the only experienced player Champions fans see in May.

"We do have some things in the making," he said. "Due to league rules we aren't allowed to talk about it until there's a contract."

#### Essentials for baseball season:

#### Pro Pitchers

Joining Werner in the bullpen is his teammate from the



Ottawa Champions team manager Hal Lanier.

COURTESY OTTAWA CHAMPIONS

Midland Rockhounds, right-handed Drew Granier. Ottawa is looking to add another left-handed pitcher as well.

"I really like the way the pitching staff is shaping up," said Lanier. "When you add quality arms to your starting rotation you have to be pleased with it."

#### Open tryouts

According to Lanier, the Champions will "keep an open mind" while evaluating players at tryouts on Thursday, May 7.

Both experienced and young players will be considered for every position and all that Champions hopefuls need to bring are their gloves and bats. Registration is required by April 23.

#### Engaged fans

"We'll do everything we can to bring fans out," Lanier said.

"Hopefully we can generate some fans with our recent signings along with some good rookies."

The City of Ottawa has invested \$2 million into the Raymond Chabot Grant Thornton Park, once simply known as Ottawa Stadium, to improve the fan experience at home games.

NICHOLAS HODGE/FOR METRO



Ottawa Champions starting pitcher Andrew Werner from his time pitching for the San Diego Padres in 2012. GETTY IMAGES

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# Canada's intelligence safeguards shock ex-spy

## POLITICS

### John Kiriakou says oversight is necessary

A former CIA spy's eyes widen when he hears that, in Canada, the political opposition doesn't get to see or scrutinize national security intelligence files.

"You're kidding me," says John Kiriakou, who's now under house arrest in Virginia after a two-year prison stay for revealing information about his former employer.

Kiriakou made the remarks during an interview in which he described an internal controversy within the CIA over the arrest and rendition of Canadian Maher Arar to be tortured in a Syrian prison.

Many colleagues protested, arguing that they were punishing an innocent man, he said. The CIA's role in the 2002-03 affair has never been publicly scrutinized.

But the fallout in Canada did



Former CIA agent John Kiriakou, at his home in Arlington, Va., goes through a manuscript on March 26 detailing his two years in prison. ALEXANDER PANETTA/THE CANADIAN PRESS

include a public inquiry and a \$10-million government payout to Arar. A major recommendation from the inquiry was an overhaul of the model used to scrutinize intelligence work.

A decade later, that recommendation from the Arar inquiry has never been implemented — even as the Canadian gov-

ernment prepares to provide intelligence agencies with more power in its new anti-terror bill.

The inquiry recommended giving review bodies the power to scrutinize more than one agency at a time — so that they could see, for instance, how CSIS and the RCMP co-operate on cases. Also, four former prime minis-

ters recently noted the failure of reforms that would have allowed politicians from different parties to access intelligence files.

The U.S. oversight system was introduced following 1970s scandals involving the CIA, with the creation of bipartisan committees. Canada's system involves appointed bodies for different agencies, with distinguished Canadians selected by the government.

Kiriakou likened the Canadian system to Ronald Reagan appointing his own investigators during the Iran-Contra affair: "Is that real oversight?"

"I think people need to know what the government is doing in their name.... It's the only way you can keep people honest. When everything is in the shadows, people tend to push the envelope more than is appropriate."

Some state secrets are necessary, he said — but they need to be shared with people who will keep the government accountable. THE CANADIAN PRESS

## A call to wear pink



### + DETAILS

International Day of Pink, an anti-bullying event, is held every year on the second Wednesday of April.

Wednesday, I will be wearing pink.

I will be wearing pink to show my support for Canadian teens across our country who have been bullied, beaten up and beaten down. Whose wounds are real, yet invisible to the human eye.

I will be wearing pink in support of tremendous Canadian organizations like the Canadian Centre for Child Protection and The Canadian Centre for Gender and Sexual Diversity, formerly Jer's Vision. Organizations that work tirelessly to combat all forms of bullying.

And I will be wearing pink to remind our young people that they are not alone. That their lives matter. That they are deeply loved.

Last year, it was my honour to wear pink and attend an International Day of Pink event hosted by Jer's Vision.

The stories we heard were moving. The atmosphere in the room was electrifying. The messages of hope for those in crisis rang so loud and clear that they stayed with me long after the event was over.

We heard from brave parents who told heartbreaking stories of their teens who, out of desperation, took their lives because they believed there was nowhere to go.

We also heard from successful businesspeople and TV personalities who shared

their own stories of bullying, victimization and ultimately perseverance.

Each story was infused with these messages: Youth in crisis are not alone. Everyone has the power to turn their experience from one of hate to one of hope.

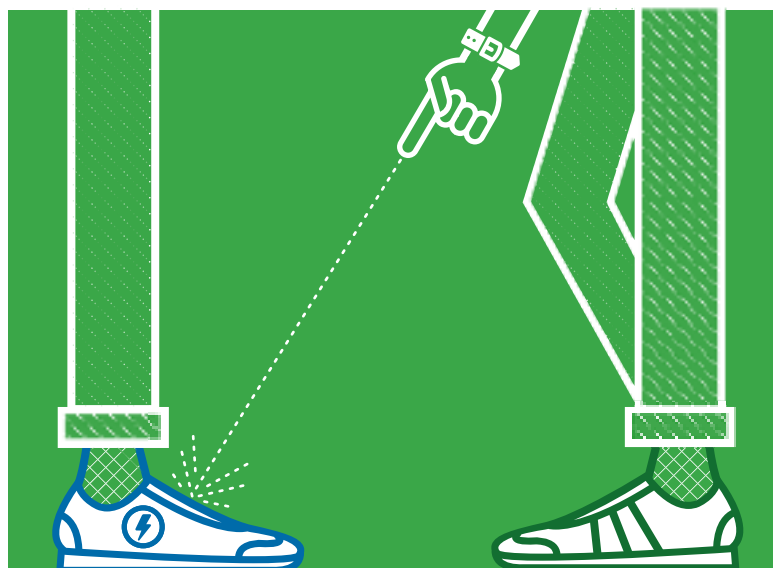
Now, I recognize that it's so easy for us adults to say to our children, "It gets better" and "Hang in there."

We've lived long enough to know this to be true. But sometimes parents aren't the only people in a teen's life who need to communicate this. Sometimes what it takes is a classroom, or a sports team, or a school club to come together in solidarity and wear pink once a year to remind their peers in crisis that they belong.

So, Wednesday, I will be wearing pink. I hope all Canadians, especially young Canadians, join me. Because one small act of kindness can help someone realize they are not alone. And one simple action can show them that they are stronger than they think.

LAUREEN HARPER, THE WIFE OF PRIME MINISTER STEPHEN HARPER, IS A DRIVING FORCE BEHIND A FEDERAL ANTI-BULLYING CAMPAIGN

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For references, view the full article at workopolis.com

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### N.L.

#### Premier says he didn't know about potentially threatening tweets

Newfoundland and Labrador's premier says his staff told police about potentially threatening tweets Friday, two days before the man behind the account was shot dead by an officer on the premier's security team. Paul Davis said Monday he wasn't aware of the online comments until he heard that Don Dunphy was fatally shot by an officer with the Royal Newfoundland Constabulary. THE CANADIAN PRESS



**Sometimes, what it takes is a classroom, or a sports team, or a school club to come together in solidarity and wear pink once a year to remind their peers in crisis that they belong.**



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# Prince takes swipe at selfies

## MONARCHY

### Harry begins month-long stint in the Aussie army

Britain's Prince Harry joked and chatted with an enthusiastic crowd Monday at his only scheduled public appearance during a month-long embedment with Australia's army, declaring pride in his ginger hair and telling the younger generation that "selfies are bad."

The British army captain reported for duty in Australia's capital, Canberra, to begin a four-week attachment to the Australian army that will take him to the east, west and north coasts of the vast nation.

But before he got down to military business, Harry ignored light rain and cool

weather to shake hands and chat with hundreds of cheering well-wishers who gathered at cordons to welcome him outside the Australian War Memorial.

Perhaps because of his own history of embarrassing candid photos, he was less generous with teenagers who wanted to photograph themselves with him. He drew laughs when he urged one teen admirer to break the habit of taking "selfies."

"No, I hate selfies. Seriously, you need to get out of it," Ten Network television recorded him telling the admirer.

"I know you're young, but selfies are bad," Nine Network television recorded the prince saying.

Harry, fourth in line to the British throne — he'll move to fifth when brother Prince William's second child is born — also shook hands and gave a high-five to ginger-haired

**No, I hate selfies. Seriously, you need to get out of it.**

Prince Harry to a young admirer

12-year-old Ethan Toscan, who brought a banner that read "Redheads RULE!"

Like in Britain, redheads are often teased in Australia, where they are known as "rangas" — short for orangutans.

"He said that I was fabulous in making the sign and it's awesome to be a redhead," Ethan said later.

Young and old members of the public gathered at the memorial, with Harry laying a wreath at the Tomb of the Unknown Soldier before strolling to the museum's World War I and Afghanistan galleries. THE ASSOCIATED PRESS



Britain's Prince Harry laughs with fellow redheads as he meets members of the public during a visit to the Australian War Memorial in Canberra, Australia, Monday.

THE ASSOCIATED PRESS

## IN BRIEF

### Kenya strikes Somali camps after college attack

Kenyan warplanes bombed militant camps in Somalia, officials said Monday, following a vow by President Uhuru Kenyatta to respond "in the fiercest way possible" to a massacre of college students by al-Shabab extremists.

THE ASSOCIATED PRESS

### Fighting worsens on the ground in Yemen's Aden

Pitched fighting intensified Monday in Yemen's second-largest city, Aden, leaving streets littered with dead bodies, as Shiite rebels and their allies waged their strongest push yet to seize control of the main bastion of supporters of their rival, the country's president.

The fighting in the southern port city raises doubts over the possibility of landing ground forces from a Saudi-led coalition backing President Abed Rabbo Mansour Hadi to try to carve out an enclave to which Hadi, who fled the country two weeks ago, could return.

THE ASSOCIATED PRESS



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**RETAIL REBRANDED FUTURE SHOP STORES REOPEN** A closed Future Shop store reopens as a Best Buy in West Vancouver on Saturday as planned. It's one of 65 Future Shop stores that have been consolidated under the Best Buy brand. The outlets still look like Future Shop stores, which used red as their brand identity. However, the employees are now wearing Best Buy uniforms, which are blue, Torstar News Service reports. THE CANADIAN PRESS

# Tax-free savings to double, Oliver hints

## BUDGET

### Increasing contribution room benefits rich, critics say

Finance Minister Joe Oliver left no doubt in a confidential letter to fellow Conservatives that his April 21 budget will double the contribution limit for the federal government's popular tax-free savings vehicle.

The current limit for cash going into a Tax-Free Savings Account (TFSA) is \$5,500 a year, and Oliver indicated the Conservatives would fulfill Prime Minister Stephen Harper's four-year-old pledge to allow Canadians to sock away more money.

Doubling the annual limit will put it at \$11,000 a year.

While popular with savers, TFSAs have prompted controversy over which segments of the population are receiving the most benefit from the plan.

In a report in February, Parliamentary Budget Officer Jean-Denis Fréchette concluded that allowing larger contributions to TFSAs will benefit well-off Canadians disproportionately.

Another recent study for the Broadbent Institute by public-policy expert Rhys Kesselman said an increase in TFSA contribution room would "shift additional billions from tax revenues into the pockets of the already well-off."

Oliver's letter seeks to debunk these arguments. He cites a finance-department study that shows people of all ages and income levels put the maximum amount of savings into their TFSAs.

However, the study based on 2013 data shows that it is older Canadians as a group who are taking the most advantage of their TFSAs.

Of those who "max out" their TFSAs, 71 per cent are over age 55, according to the finance department.

The study showed that, among those who contribut-

## + SAVINGS

**71:** Per cent of those maximizing their TFSA contributions who are over age 55.

**5:** Per cent of those maximizing their TFSA contributions who are 25-34 years of age.

**\$5,500:** Current annual contribution limit for TFSAs.

**\$11,000:** Expected annual contribution limit for TFSAs after the increase.

**11 million:** Number of people with TFSAs. TORSTAR NEWS SERVICE

ed the maximum amount to their TFSAs, only 6.8 per cent were in the 35-44 age group and only five per cent were in the 25-34 age group. TORSTAR NEWS SERVICE

## IN BRIEF

### Oil slump dims firms' outlook: Central bank

The sting of lower oil prices has dampened the confidence of companies when it comes to future sales growth, investment and hiring, the Bank of Canada's latest business outlook has found. The bank's quarterly sampling of 100 represent-

ative businesses, released Monday, suggested cheaper crude had even eroded sales expectations among firms beyond the energy sector, such as those down the supply chain. The survey also found the outlook for hiring had diminished to its lowest level since 2009. THE CANADIAN PRESS

## market minute

	<b>DOLLAR</b> 80.14¢ (+0.55¢)
	<b>TSX</b> 15,100.65 (+74.03)
	<b>OIL</b> \$52.14 US (+\$3)
	<b>GOLD</b> \$1,218.60 US (+\$17.70)
<b>NATURAL GAS:</b> \$2.650 US (-6.3¢)	
<b>DOW JONES:</b> 17,880.85 (+117.61)	

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**Saturdays:** 9am to noon (8 Levels)

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**Evenings:** 6 pm to 9 pm (6 Levels)

**NEW! Saturdays:** 9 am to noon (Levels 5 and 6)

### FULL TIME

4 weeks (60 hours in class and 60 hours online)

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Levels 2, 4 and 6: 12:30 to 3:30pm

**June 1 to June 26, 2015**

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## ROSEMARY WESTWOOD

metroview

### We don't need another Jackie — rape is real

So, Rolling Stone got it wrong about Jackie.

And now that one of most salacious rape stories of recent times has been pulled from the magazine's website, it might feel like we've lost something.

Jackie (not her real name) was the centrepiece of Rolling Stone's explosive and widely criticized story of gang rape at a U.S. college fraternity.

The story has crumbled under scrutiny. In an independent investigation into how the magazine screwed up quite so horribly, Rolling Stone's journalists have now been publicly shamed.

Some worry this gives ammunition to rape deniers.

But we don't need another story of a brutal assault — another Jackie — to prove we have a rape problem.

We have data.

In Canada, one in three women will be sexually assaulted — a term that includes rape. That's a statistic I've been aware of for at least a decade. There are also an estimated 460,000 sexual assaults in this country every year.

The CBC recently compiled statistics of rape on Canadian campuses — 700 reported over the last five years. It quoted experts who suggest that's only a fraction of the real number.

We also have high-profile cases of the kind that are supposed to spur change.

There's Rehtaeh Parsons, and more recently Rinelle Harper. There are also the six women who accuse Jian Ghomeshi of sexual assault.

Yet, we still seem to be on the hunt for that final, horrifying story. One placed so squarely in our own culture, in our own lives, on our own campuses, that we have to admit rape is our problem to solve.

The investigation into Rolling Stone's reporting found that the magazine's reporter and editors chose Jackie's story because it was so extreme.

Rolling Stone's reporter and editors also claim their empathy got the best of them.

On some level, I'd argue they wanted Jackie's story to be true, perhaps so it would cause so much outrage that change would have to follow. But there is no silver bullet. "How many more stories do we have to hear to know that this is a serious epidemic in Canada?" Farrah Khan, an anti-violence against women activist, asked me.

Yes, it's important to report on sexual assault, to tell the stories of survivors. But statically, you already know many of them. You shouldn't need to look into every single one of their faces before deciding to act.

I don't need to hear about another Jackie to know we have a problem.

Do you?

## the big question

# Can you legally file for divorce on Facebook?

**If you got married in New York, the answer might be yes. A Supreme Court Justice in Manhattan told Ellanora Baidoo she could use Facebook messenger to serve papers to her hard-to-reach husband. The couple got married in a civil ceremony, but agreed to wait until they had a traditional wedding before consummating the marriage, which never happened. Baidoo says she doesn't know where her husband lives and they communicate only on the phone and over Facebook.**

# Pac-Man shows Ottawa streets' shortcomings

## YOUR RIDE

Kathryn Hunt



In case you missed it: Last week, Google Maps made it possible to play the classic arcade game Pac-Man using actual city streets as the maze.

An unintentional side effect was that the game turned out to be pretty good at pointing out how easy — or hard — it is to get from point to point in a particular area. In dense downtown cores, there were more options and it was easier to manoeuvre: if you tried playing in suburbs, you stood a good chance of getting cornered in a cul-de-sac or trapped on a meandering street.

It provided a lesson in

making it easier to get around, especially on foot or by bike — and it has to do with grids. They don't have to be square Pac-Man mazes but, if an area doesn't have a useful, dense, interconnected system of sidewalks or paths, people are less likely to choose to walk or bike.

In a guest post on the Ottawa Bike Lanes Project website, Netherlands-based writer David Hembrow recently pointed out that cycle paths are much less useful if they're not close together and interconnected in a fairly dense grid.

"People won't travel extra distance to get to a safe cycle path, because the convenience has already been lost by doing so," he wrote.

The same is true of walking. In a walkability survey

recently conducted by The Ottawa Neighbourhood Study, questions focused around whether respondents' neighbourhoods had a network of sidewalks, how easy it was to get to walking paths, and whether the paths connected to destinations people needed to get to, such as stores, services or schools.

Connections to schools are particularly important. Active transportation is a great way for kids to build healthy habits for the future, get fresh air and exercise, and learn independence. But in many neighbourhoods, there are no safe networks of paths allowing kids to walk or bike to school.

In response to Hembrow's post, Stephen MacDonald, a Kitchissippi Ward resident,

made a map of his area showing the lack of a clear, safe bike grid. "In Kitchissippi the 'bikeway' is on Scott Street," he told me. "All the schools are south of Wellington. Doesn't connect kids to school!"

Perhaps urban designers should play some Pac-Man on local streets (while Google allows it): If getting to that power-up point is too difficult, and the ghosts catch up, maybe the grid needs to be redesigned.

**Kathryn Hunt** @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.



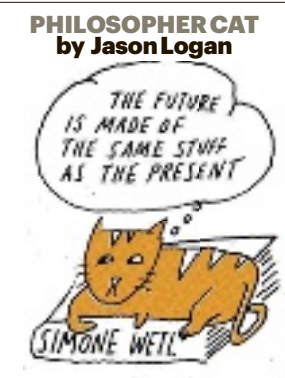
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# What to eat, see and do at Coachella '15

INDIO, CALIF.

## Just make sure you leave your selfie stick at home this year

Thousands of music lovers will be putting the final touches on their show schedule, camping gear — and no doubt, outfits — before the first weekend of this year's Coachella Festival, which starts April 10 and has performances by AC/DC, Jack White and Drake among its highlights.

The Coachella Valley Music and Arts Festival has become increasingly genre-bending over the years, starting out with mainly indie fare and growing to encompass rock, hip hop and dance music. Other top acts due to play include Tame Impala, Steely Dan, Belle and Sebastian, Hozier, Florence and the Machine and David Guetta.

Indio, Calif. will host the first round of visitors April 10-12, with a second weekend running from April 17-19.

Those not lucky enough to find themselves in the California desert (passes are no longer available) will still have a chance to hear the music. The first weekend's performances will be streamed live on YouTube.

As for the legions who are making the trek, those increasingly pampered festival-goers



There's always plenty of spectacle at Coachella. ALL PHOTOS GETTY IMAGES

will not want for much: Free public Wi-Fi will be available in beer gardens and VIP areas, and an updated mobile app will help with navigation, scheduling and catching shuttles.

Dining options are not your average campground fare — choices include Dinner in the Rose Garden, a four-course meal for \$225 per person — nor are the furnished on-site "safari tents," available at \$7,000 for two.

Fashion has always been a key component of Coachella,

and this year a co-branded clothing line has been created especially for the event. H&M Loves Coachella's boho pieces are to be sold at a pop-up store on site as well as in H&M stores and online.

Instagram will no doubt be cluttered with Coachella pictures over the next two weeks, but leave the selfie stick at home: Coachella's official rules prohibit the use of the gadgets — more specifically, "selfie sticks/narsissists."

Visitors have come to expect large-scale sculptures and in-

stallations to cover the festival grounds. A list of contributing artists is included on the festival poster, but details remain under wraps, although a forum reveals works by the artists to give a sense of what could be in store.

AFF

**A '14 Coachella attendee sporting festival gear that inspired this year's trends.**



STYLE

## Look festival chic on or off the field

The season's music festivals, starting with Coachella, are clearly influencing spring and summer ready-to-wear.



Sunglasses from the Katy Perry Forever Festival collection by Claire's

Multiple brands have drawn inspiration from the rock, hippie and boho looks seen in the crowds to produce collections with fringe, lace, mini-shorts and denim.

A few years ago, the festival-inspired fashion trend is reaching a new level this season.

Ready-to-wear and accessories brands are emphasizing boho styles that fashionistas can wear at outdoor concerts as well as in everyday settings.

Sheer fabrics, lace, embroidery, maxi dresses, short shorts, denim, animal prints, floral patterns, fringes

and leather: These are some of the defining characteristics of

the current festival-inspired fashion trend. The looks range from ultra-sexy to subtle, and there are plenty of opportunities for accessorizing thanks to a wide array of hats, bags, flat lace-up sandals and colourful round sunglasses.

Swedish retail giant H&M led the charge this year with H&M Loves Coachella, its first official collection co-branded with the celebrity-studded Coachella. Mango and Forever 21 are also on board with the trend. AFP

## + FLOWER POWER

**Flowers are hard to miss in the spring-summer 2015 women's collections, and they come in all shapes and sizes this season.**

Floral motifs were seen at Christian Dior, Chanel and Manish Arora. The showy, oversized prints of 2014 have given way to more discreet florals this year, seen mainly in prints and delicate embroidery.



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Photo: Christopher Wahl

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# May we cut in? A dance with Milky Chance

## ON TOUR

### Duo first shot to fame with their Stolen Dance video

**Emily Laurence**  
Metro | New York City

It's been one year since best buds Clemens Rehbein and Philipp Dausch uploaded their song Stolen Dance to YouTube — the video now has over 131 million views and the song is on constant rotation on Top 40 radio.

The duo is currently touring North America and will be hitting the festival circuit here and abroad in the summer. With a first stop at Ottawa's Bluesfest, the German musicians will also perform at Osheaga in Montreal and the Squamish Valley Music Festival in B.C.

One thing's for sure: The

party's not stopping anytime soon.

#### **Skiping school and jamming out**

Rehbein and Dausch met in high school, when they bonded over liking the same type of music.

"We didn't like school much," Rehbein says. "We started jamming instead of going to math class. I think our other classmates would (describe us as) the most crazy guys who would just enjoy their easy way of living instead of being a student."

It's been a crazy three years for Rehbein and Dausch as they've grown in popularity and started touring all over the world, and it's only strengthened their friendship.

"We shared a hotel room a lot of the time, so we started knowing each other really well," Rehbein says.

Not to mention all the crazy festivals and shows around the

world. "We share a lot of memories," Rehbein says.

#### **Influenced by the club scene**

Blending pop with electronica is part of what sets Milky Chance apart. Rehbein says they're greatly influenced by the electronica scene in Germany.

"The electronica scene in Germany is really good and it did and does influence our music," he says.

"If you grow up having parties in your (apartment) with your friends and listening to this type of music, it will influence you," Rehbein says. Going clubbing in France and Germany played a part in developing their sound, too, he says.

#### **Giving fans the power**

Despite being tuned in to the European music scene, the guys have always written their songs in English.



**I feel like the people made the choice for this song to be the single, not us**

Clemens Rehbein

"We just always listened to English music, so it was more natural for us," Rehbein says.

The guys experimented by loading three songs to YouTube: Flashed Junk Mind, Down By The River and Stolen Dance. Three weeks later, Stolen Dance had racked up a crazy amount of hits.


"I feel like the people made the choice for this song to be the single, not us," Rehbein says.

**Philipp Dausch and Clemens Rehbein of Milky Chance.**

GETTY IMAGES




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# A sweet solution for single-serve coffee

## TECHNOLOGY

### Concerns about waste inspire creative designs

A creative sugar-based concept by Singaporean designer Eason Chow addresses the issue of waste produced by single-use coffee pods while infusing a little sweetness in every cup.

Single-serve coffee machines — Keurig, Nespresso, etc. — are in high demand, but the ecological effects of their disposable pods are the focus of much stress among coffee lovers.

Chow's proposed solution? The Droops coffee maker, which would use pods coated in a hard casing of sugar that could be tailored to the drinker's taste, using more or less sugar and infusing flavours as desired. Inside would be a layer of cream or milk, with the coffee powder in the centre like a traditional capsule.

The design of the coffee maker itself is minimalist, with an approach intended to be non-intimidating. Three components



**The Droops Coffee Maker concept by Singaporean designer Eason Chow uses pods coated in a hard casing of sugar.** DROOPS

— a heater, a three-litre water container and a pump — stack together into a compact form. Chow's design remains in

the conceptual phase for now, although he told Relaxnews that he was "definitely looking into the possibility to develop

the design."

In the meantime, what's a coffee-pod lover to do?

Concerns about waste have inspired several innovations, with Chow's perhaps the most creative to date.

Even John Sylvan, inventor of the popular Keurig K-Cup, expressed regret over his invention in an interview with The Atlantic this month and said he had dreamed up an idea for a more environmentally friendly version, although the company has yet to put it into action.

Keurig loyalists will be pleased to know that the company has pledged to shift to a recyclable format for its K-Cups by 2020, and many brands have created workarounds for the Keurig machine.

Nespresso collects used capsules for recycling, and Senseo's pods are biodegradable.

But less waste doesn't mean zero waste, so those who want the benefits of the capsule system without the ecological drawbacks may have to look to creative designs like Chow's for new ways to get their daily brew. AFP

## SCIENCE

### Coffee has more perks than thought for brain, body

Long viewed as a controversial dark substance, coffee is gaining ground among medical experts who say it can protect against heart disease, Parkinson's, Alzheimer's and diabetes, even if it is decaffeinated.

Multiple studies published worldwide in recent years have concluded that coffee can be good for the health.

In February, the U.S. government issued new dietary guidelines, as it does every five years. But this year's recommendations said for the first time that coffee is not generally harmful, even multiple cups per day.

"We looked at all the science," said Miriam Nelson, a professor in the School of Nutrition Science and Policy at Tufts University, and a member of the committee that wrote the guidelines.

"We have found no negative, adverse effects on health when you drink up to three to five cups a day," she told AFP.

"In fact, there is a decreased risk of cardiovascular disease, Type 2 diabetes, Parkinson's disease and a couple of cancers," includ-



**A cup of joe could boost your body's defences.** GETTY IMAGES FILE

ing breast and prostate cancer, she said.

She said a "moderate amount" would max out at 500 milligrams of caffeine per day.

Researchers do not yet understand the reason for coffee's health benefits.

That's why Tom Brenna, another member of the advisory group that wrote the new guidelines, urged some caution.

"Implying that coffee is going to cure cancer is not a very good thing to do," said Brenna, a professor of nutrition and chemistry at Cornell University. AFP

## FOLLOWUP CARE

### Risk of suicide rises after first attempt, study finds

The risk of suicide not only rises dramatically after an initial attempt but can persist for many years, a Canadian study has found, suggesting a need for long-term monitoring of patients to prevent them from later taking their own lives.

In what is said to be the largest study of its kind, Toronto researchers found the risk of suicide following an initial at-

tempt — in this case, non-fatal self-poisoning — was 42 times higher than that of the general population.

Researchers tracked every person who visited a hospital emergency department in Ontario for self-poisoning between April 2002 and December 2010. They identified 65,784 children and adults who survived the suicide attempt, including al-

most 18,500 teenagers.

Of the 65,000-plus patients discharged after a self-poisoning episode — the most common way of trying to take one's own life — 4,176 individuals died during the followup study period, 976 of them by suicide.

"I think the key message is that patients at all ages — both teenagers and adults — who present to hospital with a first

episode of intentional self-poisoning are at a significantly increased risk of suicide over the ensuing decade," said Dr. Yaron Finkelstein, lead author of the study published Wednesday in the journal JAMA Psychiatry.

"About 99 per cent of those who reach hospital alive are surviving," said Finkelstein, an emergency room physician at the Hospital for Sick Children.

"And that is the opportunity to identify them and implement prevention for subsequent attempts.

"Most individuals who eventually died by suicide used more violent methods on subsequent attempts, and only seven per cent of them reached hospital alive."

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS



**Research shows suicide risk can persist for years.** ISTOCK

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# LEARNING CURVE

## Saint Paul celebrates another successful year

Located in the heart of the nation's capital, Saint Paul University (est. 1848) is the founding college of the University of Ottawa, with which it has been federated since 1965.

A bilingual institution, it offers undergraduate and graduate study programs. Saint Paul University (SPU) is known for its small class sizes, personalized service, diverse student population and international vision, solid reputation, rich history, and Catholic intellectual tradition.

On Saturday, a record number of future graduates will be celebrated for the completion of their studies. This ceremony will mark the end of another exceptional academic year in which SPU's student population hit an all-time high of 1,000.

This impressive increase in numbers is due to SPU's ever-growing reputation for high-quality programs and services that are constantly

being reviewed and improved. According to the 2014 National Survey of Student Engagement, 95 per cent of first-year student respondents would choose SPU again, and 96 per cent of graduating students rated their SPU experience "good" or "excellent."

"SPU continues to attract inquiring and talented people from around the world," says Dr. Chantal Beauvais, Rector. "We are proud to offer a learning environment that welcomes the creators of tomorrow who are committed to building a better world."

Proud of its rich heritage, SPU has evolved into an institution whose primary focus is on the multiple facets of the human experience. Not surprisingly, that priority is reflected in the school's current study programs. In addition to its founding disciplines — canon law, philosophy, and theology — SPU offers courses in social communication, counselling and



SHUTTERSTOCK

psychotherapy, public ethics, conflict studies, group intervention and leadership, and human relations and spirituality.

Summer is a great time to gather extra credit and explore exciting subject matters. Dis-

cover SPU classes offered during the spring and summer sessions that can be taken on campus or through distance education. There is still time to register for fall 2015 courses.

For more information, visit [ustpaul.ca](http://ustpaul.ca).

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## Social media becoming a vital skill

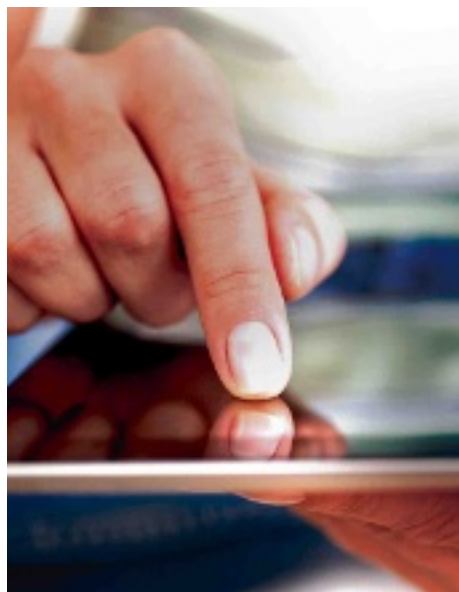
The mobile and social media management program at Algonquin College is great for anyone who works in communications and needs to learn how to manage communication strategies related to social media and mobile devices.

"The specialized skills gained from this program are now standard requirements for many communication, marketing and media jobs," says Diane Banks, faculty marketing specialist, faculty of arts, media and design, Algonquin College.

"It also helps new graduates advance their career options by complementing the diploma or degree they already have."

Even other Algonquin College instructors are getting ahead of this technology by enrolling in this program.

"Over the past few years, my desire to keep adequately informed about technological innovations and the rapid development of various mobile applications led me to enrol into the 45-week mobile and social media management program," says Antonios Vitaliotis, professor/co-ordinator in the bartending



CONTRIBUTED

program. "I was able incorporate this newly obtained social media knowledge into my lessons and to aid the students' abilities to respond to the hospitality industry's demands."

The next start date for this program is September and students may choose to attend classes, which are scheduled during evenings and weekends, in person or electronically (at the scheduled time or at their convenience).

For more information about this program, visit [algonquincollege.com/msmm](http://algonquincollege.com/msmm).

## Large senior population driving health-care careers

Health care is one of the fastest-growing career fields in Canada, and personal support workers (PSW) are leading that growth.

According to government projections, one in four Ontarians will be older than the age of 65 by 2041. This equates to 4.5 million people, or 25 per cent, of the Ontario population.

"Seniors are the fastest growing population segment in Ontario," says Jamie Hartling, managing director, Trillium College Ottawa. "This group not only needs front-line personal support in their day-to-day lives, they are demanding it. PSWs are a vital part of the care of our seniors today, and will be for decades to come."

The NACC certified, personal support worker diploma program at Trillium College Ottawa gives students the intensive skills training needed to confidently take their place as a PSW in Ottawa, and across Ontario.

"Our primary focus is on student success, period," Hartling says. "We are focused on employment from Day 1. Graduation is a milestone; the real success occurs only after our graduates are working in their field and we are committed to helping them reach that goal, every step of the way."

Trillium's next personal support worker



CONTRIBUTED

class starts May 4. Limited space is still available.

For information, call 1-855-234-2008, visit [trilliumcollege.ca](http://trilliumcollege.ca), the school's Facebook page at [facebook.com/trilliumcollegeottawa](https://facebook.com/trilliumcollegeottawa), or stop by the campus at 75 Albert St.

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.



THE CANADIAN  
PRESS

"We need to worry about ourselves, we can't be scoreboard-watchers," rookie 20-goal scorer Mark Stone said. "We just need to bear down, win our game on Tuesday and go forward from there."

An advertisement for Big Rig Brewery. The top half features a large, appetizing burger with a thick patty, melted cheese, and a slice of lemon on top. To the right of the burger is a bowl of chili. The text "NOW OPEN!" is written in large, bold, orange letters. Below it, "@ Gloucester Mall" is written in a smaller, orange, cursive font. The Big Rig Brewery logo is centered, featuring a stylized star shape with the number "4" and wheat stalks above the words "BIG RIG" in white, bold letters, and "BREWERY" in orange below it. At the bottom, the address "1980 Ogilvie Rd. (ACROSS FROM SILVERCITY THEATRES)" and reservation information "For reservations: 613-552-3336 or gloucester.bigrigbrew.com" are listed. The bottom right corner features the slogan "Comfort food. Done Right." in a white, cursive font.



NHL

# Playoffs or no, Sens have eyes on prizes

THE HOCKEY NEWS

Murray Pam  
FOR METRO


With three games remaining, the Ottawa Senators are still in the hunt for a wild-card playoff spot — albeit the odds are stacked against them. The team controls its own fate for at least one game.

The Senators trail the Bruins, Penguins and Wings by two points each. They face Pittsburgh Tuesday, having an opportunity to pull even with a regulation win.

No matter how the Senators perform this week, fans were treated to several award-worthy performances.

Erik Karlsson is a candidate to regain his title as the NHL's top defenceman. Winner of the Norris Trophy in 2011-12, the 24 year-old leads all blue-liners with 65 points — breaking his own club record of 21 goals in the process.

The captain's rising stock coincided with Marc Methot's return from injury. Karlsson has accumulated 35 points in 40 games and is a plus-15 with his regular defensive partner by his side.

Karlsson will always have detractors due to not killing penalties. However, his value is his innate ability to play a tireless game. Karlsson ranks third league-wide averaging 27:13 time-on-ice per game. His 61 second shifts are the longest of any NHLer.

Mark Stone has made himself a man to be reckoned with in the Calder Trophy race.

+ GAMES LEFT

**Ottawa:** PIT, at NYR, at PHI  
**Boston:** at WSH, at FLA, at TB  
**Detroit:** CAR at MTL, at CAR  
**Pittsburgh:** at OTT, NYI, at BUF

Prior to Jan. 1, the 22 year-old wasn't in the conversation for rookie of the year. Since then, Stone has 42 points in 43 games, the highest total by an NHL freshman during this period and fifth-most league-wide.

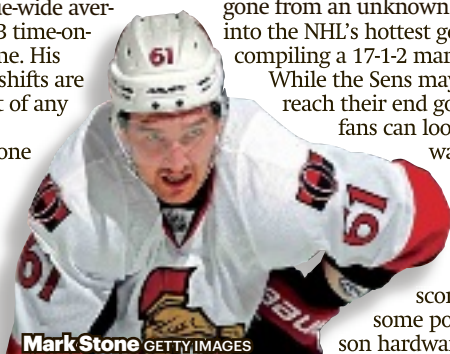
The Winnipeg native has the hockey IQ of a wily veteran. Stone's 94 defensive take-aways ranks No. 1, ahead of such notables as John Tavares and Ryan O'Reilly.

Stone faces stiff competition from the likes of Aaron Ekblad, Filip Forsberg, Johnny Gaudreau and teammate Mike Hoffman.

While Dave Cameron won't win the Jack Adams Award, he deserves a nomination. Since taking over from Paul MacLean, the coach's record is 29-15-8. Goalie Andrew Hammond is responsible for some of that, but Cameron has managed to get his roster to buy into his system.

Hammond is the Sens' nominee for the Bill Masterton Award. The Hamburglar has gone from an unknown AHLer into the NHL's hottest goalie, compiling a 17-1-2 mark.

While the Sens may not reach their end goal, fans can look forward to one of their favourites scoring some post-season hardware.



Mark Stone GETTY IMAGES

# Jays defuse Bronx Bombers in Game 1

MLB SEASON OPENER

## Martin, Travis spur Toronto to victory at Yankee Stadium

The Toronto Blue Jays gave Canadian catcher Russell Martin the second-largest contract in franchise history to help bolster a potent lineup and give the young pitching staff a steady guide.

One game into the new season, the deal is looking pretty good for the team with the longest playoff drought in baseball.

Martin singled in two runs and Edwin Encarnacion hit a two-run homer off Masahiro Tanaka as the Blue Jays beat the New York Yankees 6-1 Monday in Alex Rodriguez's return to the major leagues.

"Martin got it started," manager John Gibbons said. "A lot of good things happened."

Without retired Derek Jeter in the lineup, a restless opening-day crowd at Yankee Stadium reserved one of its only cheers for Rodriguez in his first game back from a year-long drug suspension. Batting seventh, his lowest spot in a regular-season game since he batted eighth in 1996, A-Rod singled, walked, and lined out.

Drew Hutchison, at 24 the youngest opening-day starter in Blue Jays history, held the Yankees hitless until Brian McCann laced a ball just inside the first base line for a single with two outs in the fourth.

Hutchison (1-0) allowed three hits, including Brett Gardner's homer in the sixth inning, to help Toronto improve to 20-19 in openers, including 1-2 vs.



Toronto catcher Russell Martin, left, celebrates with second baseman Devon Travis after the Blue Jays' win over the Yankees on Monday in New York. KATHY WILLENS/THE ASSOCIATED PRESS

the Yankees.

"I was extremely excited," Hutchison said. "It was a big day, overall."

Last July, Hutchison helped the Blue Jays snap another skid against New York: A 17-game losing streak in the Bronx.

Now, he hopes to help Toronto return to the post-season for first time since winning the World Series in 1993.

Martin, an ex-Yankee from

Chelsea, Que., hit a singled in a five-run third inning against Tanaka (0-1). Devon Travis homered later in the game for his first career hit, taking a speedy turn around the bases.

Travis is the first Jay since J.P. Arencibia to homer for his first major-league hit.

Shortly before the Yankees

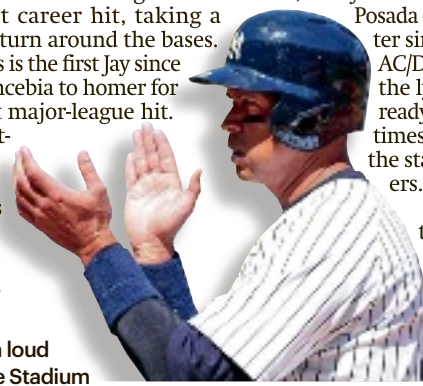
ran onto the field for the first time without a member of the Core Four — Jeter, Mariano Rivera, Andy Pettitte and Jorge Posada — on the roster since 1995, the AC/DC song with the lyric "Are you ready for the good times" blared over the stadium speakers.

Those good times didn't last long for New York in its 113th opener. THE ASSOCIATED PRESS



**I have to admit, it definitely felt good. That's for sure.**

Alex Rodriguez on receiving a loud ovation in his return to Yankee Stadium



# Morning News

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**EPL NO SILVA LINING FOR CITY IN HARMFUL PALACE LOSS**  
Manchester City's David Silva leaves the pitch after Monday's loss at London's Crystal Palace. City fell further out of title contention by losing 2-1 in the Premier League, dropping to fourth in the league all but surrendering its championship defence. GETTY IMAGES

# Sesselmann back after long absence

## WOMEN'S SOCCER

### Hardy defender endured rehab but is hopeful as World Cup nears

Thirteen months after ripping up her knee, Lauren Sesselmann has worked her way back into the Canadian women's soccer team.

The 31-year-old defender is one of 23 players on John Herdman's roster for a friendly Thursday against France in Bondoufle, south of Paris.

It's been a long road back since the injury occurred in practice before last year's Cyprus Cup. "My dreams were slowly fading away," Sesselmann acknowledged. "I was like 'Am I going to come back from this?' I didn't know. It was a constant battle every day."

Sesselmann had a rough start after surgery to repair a torn anterior cruciate ligament. She was sick the first three months of her



**Lauren Sesselmann was out for 13 months.** GETTY IMAGES

recovery, dealt with plenty of pain and spent time in hospital.

"Rehab is hard, it is hard," she said. "I don't wish that upon anybody." Sesselmann believes she will be better than ever after having to relearn how to do just about everything from a single squat to running.

"It gave me a way to become a better athlete because now I was relearning how to do every-

thing the right way."

The Canadian team now waits on veteran midfielder Diana Matheson, who tore her left anterior cruciate ligament in a friendly against Japan last October. Matheson's return in time for the World Cup seems far more unlikely given the shorter recovery time.

This week's game against third-ranked France is the penultimate for No. 8 Canada before the June 6 kickoff of the Women's World Cup in Edmonton. The Canadians host No. 5 England in Hamilton on May 29.

Sesselmann had originally hoped to be back last month in time for this year's Cyprus Cup. But she eventually elected to spend that time training with the Houston Dash, her club team, to put the finishing touches on her comeback.

American-born Sesselmann, who has 40 caps for Canada, qualifies to play for this country through her father, who was born in Stephenville, N.L. She was 28 when she made her debut for Canada. THE CANADIAN PRESS

## IN BRIEF

### Testimony ends as Hernandez murder trial nears its conclusion

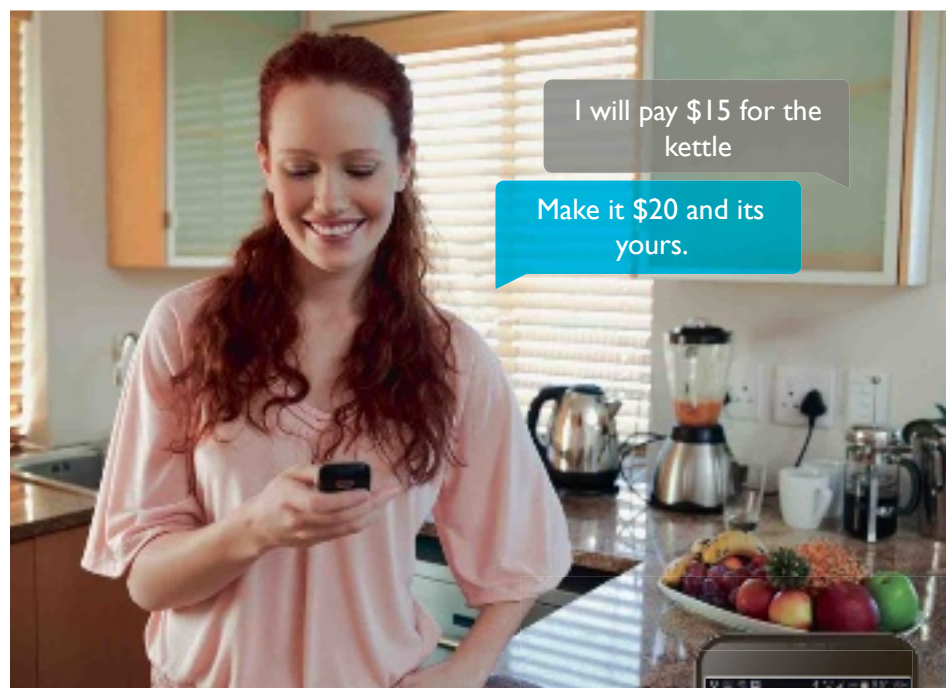
Testimony in the murder trial of former New England Patriots player Aaron Hernandez ended Monday after the defence called just three witnesses and rested its case in a single day.

Superior Court Judge Susan Garsh told jurors they had heard all the evidence they would hear, and that they were due in court Tuesday morning to hear closing arguments and receive instructions. They will then begin deliberations.

Hernandez has pleaded not guilty in the June 17, 2013, killing of Odin Lloyd, who was shot six times at an industrial park less than a mile from Hernandez's home in North Attleborough. Lloyd was dating the sister of Hernandez's fiancée. At the time of the killing, the star tight end had a \$40-million contract with the Patriots.

THE ASSOCIATED PRESS

**Go to [metronews.ca](http://metronews.ca) for coverage of Monday night's NCAA men's basketball championship game between Duke and Wisconsin.**



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## RECIPE Layered hummus dip



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman

#### Ready in

Prep time: 15

My family devoured this eight-layered dip! I love to serve it before a meal with warm pita bread cut into wedges.

#### Directions

1. Spread the hummus over a serving plate. Sprinkle with spinach, cucumber, both tomatoes, onion, feta and olives. Serve with pita bread or crackers.

#### Ingredients

• 1 (10 oz) container of

store-bought hummus

- 1/2 cup baby spinach, chopped
- 1/2 cup diced cucumber
- 1/2 cup diced tomatoes
- 1/3 cup rehydrated sun-dried tomatoes, chopped
- 3 Tbsp chopped red onion
- 1/4 cup crumbled feta cheese
- 3 Tbsp chopped black olives
- 1 large pita bread — warmed and cut into wedges (optional)

#### Nutrition per serving

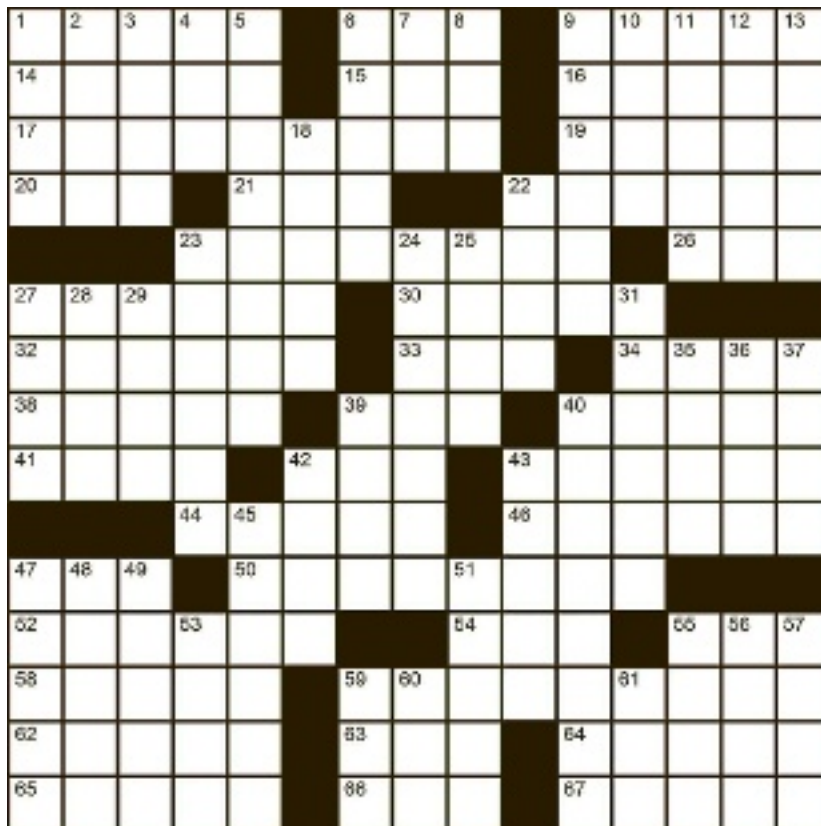
- Calories 184
- Carbohydrates 17.1g
- Fibre 2.0g
- Protein 7.8g
- Fat 10.6g
- Saturated Fat 1.9g
- Cholesterol 3mg
- Sodium 343mg

PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE  
metronews.ca



### ACROSS

- Maritime menace
- Canadian Hip-Hop artist aka Kevin Coley, \_-K
- Get vitalized: 2 wds.
- Ancient Greek colony
- Sir McKellen
- Sheep-like
- Elvis Presley's only wife
- Fixes
- Family member
- 100, for short
- Little Green \_ (Green Giant's sidekick)
- TV specialty channel, \_ Canada
- Kicker's need
- "Seinfeld" role
- Standoffish
- Dan Fogelberg ballad
- Canada Post delivery, e.g.
- Hilarious human
- Soaking spots
- Li'l dollar parts
- \_ Boingo (American rock group)
- Prospector's passage
- Bus. day
- Bob \_ (Journalist/activist born in St. Boniface, Manitoba who co-founded Greenpeace)
- Seville's land
- Newfoundland town
- 47.0 Meridian letters
- Janet Jackson song

- Modernize, maybe
- Descriptive wd.
- Heartfelt protest, \_ de coeur
- Red pens the manuscript
- Orange-in-colour fruit
- Bel \_ (Opera

- singing style)
- Fragrant necklace
- Mr. Quinn of movies
- Peggy \_, "Mad Men" character
- Timeline times, tiny-ly
- Destiny be-

ings of myth

### DOWN

- Quaintly quaffs
- Benicio Del \_
- "Come \_!" (Welcome!)
- \_ \_ for Regina
- Juno-winning album by #23-Down:

- 'Little \_'
- Actress Olivia
- 'Tutor' suffix
- \_ \_ mission
- "Grey's Anatomy" star Ellen
- At all
- Wine grape variety
- Inordinate

- Plague, in France
- Deduce
- Air pollution
- Songstress born in Timmins, Ontario
- Peter \_, Premier of Nunavut
- Varieties
- British actor Idris
- Burden
- Opposing
- Hippie-style vest adornment
- Worldwide [abbr.]
- S-shaped moulding
- Split
- Fashionable
- Peter \_, Music Director of the Toronto Symphony Orchestra
- Chore
- Business department leaders
- Being
- \_ \_ Roman wrestling
- Track prize
- Same siblings
- Ms. Hilton
- Mr. Premeringer
- RCN rank
- Horse coat style
- Hostels
- Work at
- 'Pamphlet' suffix
- Italian pronoun

## \* IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You will go over the top and say something excessive today but as you're an Aries people tend to expect it of you. Just make sure you aim your barbed comments at people who can speak up and stand up for themselves.

**Taurus** April 21 - May 21  
You may be tempted to give up on something that is not working out the way you expected but is that wise? The planets urge you to stick with it a while longer because a breakthrough is imminent.

**Gemini** May 22 - June 21  
Avoid getting involved in disputes that have nothing to do with you. Some of your friends may get angry that you are not prepared to stick up for them but if you take

their side today every other side will be against you tomorrow.

**Cancer** June 22 - July 23  
You will be tempted to place your trust in a stranger who says the right things, but that does not mean you are doing the right thing.

**Leo** July 24 - Aug. 23  
Don't be surprised if something you feel strongly about fails to get much of a response from those you feel should be most concerned. Maybe you are too close to the situation.

**Virgo** Aug. 24 - Sept. 23  
If someone annoys you today you will react in a way that surprises a few people — and scares a few more! Yes, of course, you will regret it tomorrow when you have calmed down.

**Libra** Sept. 24 - Oct. 23  
Try not to get annoyed if someone whose support you rely on opposes you in some way today. They are entitled to their point of view and if they disagree with you they have a duty to say so. Maybe you should listen.

**Scorpio** Oct. 24 - Nov. 22  
You may find it difficult to focus over the next few days — there are too many things going on for you to concentrate on one thing for any length of time.

**Sagittarius** Nov. 23 - Dec. 21  
It's just as well you enjoy multi-tasking because partners and colleagues will have you running in all directions today. But don't let it get to the stage where you begin to lose track of what you have done.

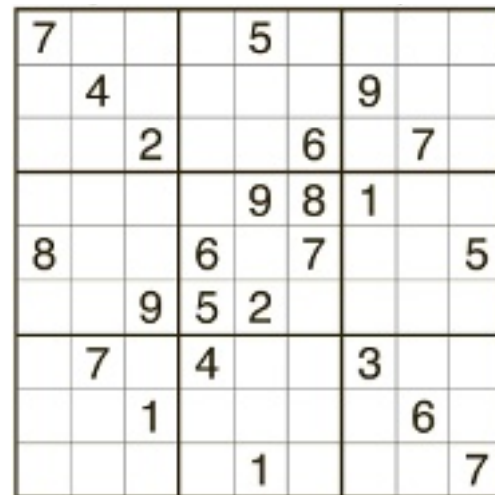
**Capricorn** Dec. 22 - Jan. 20  
You are reading too many things into too many situations and it's not healthy. Make it your aim today to think and analyze less and just go with the flow.

**Aquarius** Jan. 21 - Feb. 19  
You may have a right to be angry that someone has let you down but try not to go over the top about it. The most important thing you have is your reputation for fairness and logical thinking.

**Pisces** Feb. 20 - March 20  
Little things will rub you up the wrong way in a big way over the next 24 hours. Others may say you are over-reacting, and maybe you are, but you are also right to get annoyed.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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## FRENCH POP

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JOSEPH MARC 4112 BROWN LAVENDER



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